



Apple Cranberry Salad Toss

Makes: 8 servings

Enjoy the best of fall flavors with this sweet and tart green salad. Light yet crisp, it's a perfect dish for the autumnal change of weather.

Ingredients

- 1 head of lettuce (about 10 cups)
- 2 apples (medium, sliced)
- 1/2 cup walnuts (chopped)
- 1 cup dried cranberries
- 1/2 cup green onion (sliced)
- 3/4 cup vinaigrette dressing

Directions

Nutrition Information

Nutrients	Amount
Calories	140
Total Fat	5 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	10 mg
Total Carbohydrate	24 g
Dietary Fiber	3 g
Total Sugars	19 g
Added Sugars included	N/A
Protein	2 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	

1. Toss lettuce, apples, walnuts, cranberries, and onions in a large bowl.
2. Add dressing; toss to coat. Serve immediately.

Notes

Learn more about:

- [Lettuce](#)
- [Apples](#)
- [Cranberries](#)

Source: USDA Food and Nutrition Service, Creative Recipes for Less Familiar USDA Commodities Used by Household ProgramsFood Distribution Service